



Moreton Bay Boys' College

Year 5 Camp Booklet 2017





Moreton Bay Boys' College

YEAR 5 CAMP 2017

Teachers Attending **Mr David Peckham**
Ms Katherine Hamson
Ms Mary Youngman

Dates: **Wednesday 08 February to Friday 10 February 2017**

Location: **Noosa North Shore Retreat**
Beach Road, Noosa North Shore

Emergency numbers:

During school hours: 3906 9443 MBBC Student Reception
After school hours: 0478 667572 Head of Secondary— Mr Jason Day

Transport

Travelling by Mt Gravatt Coaches

Departing MBBC at: **8.30am (please arrive by 8.00 am) Wednesday 08 February**

Departing Noosa North Shore at: **1pm on Friday 10 February, to arrive at MBBC at 3pm (eta)**



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OVERVIEW

Moreton Bay Boys' College strives to be a leading school that offers its boys an innovative, broadly based educational experience. Our philosophy is built on the foundation of Christian values and aims to develop each boy's individual abilities, equipping them with the skills necessary to be successful, productive and responsible members of society (MBBC Strategic Plan: 2007—2011)

The developmental program of outdoor education opportunities available to students at Moreton Bay Boys' College supports the vision and aims of the College. Camp is a wonderful experience for all students and provides opportunities for personal growth and challenges as well as forging new friendships and creating great memories.



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YEAR 5 CAMP AIMS

Noosa Eco Retreat is the gateway to so many different special destinations! Just 100 meters to Lake Cooroibah and adjacent to Queensland's cleanest urban river system, at the gateway to the Great Sandy National Park (Cooloola section). Only 20 minutes from Noosa's iconic beach and less than 2 km from over 50 km of pristine beach including the magnificent Teewah Coloured Sands and Double Island Point. Our setting amongst the natural bushland is perfect for relaxing and educational bushwalks with the opportunity to meet some of the native birds and animals that inhabit the area.

No transport required once you arrive.

Canoe the tranquil waterways of Noosa River, Lake Cooroibah and Lake Cootharaba.

Ride through State Forrest and hike through National Park

Surf and Body Board on North Shore Beach (1.3km flat walk to beach).

No urban encroachment surrounds the camp sites.

Qualified Chefs not camp cooks.

EXPERIENCED AND EPROFESSIONAL ADVENTURE TRAINERS AND A DEDICATED CAMP COORDINATOR FOR EACH CAMP

The core values of Noosa Total Adventures Educational camps are:

To gain an understanding and appreciation of the natural environment

To ensure each student achieves personal development through being challenged at their own pace

To promote teamwork, leadership, goal setting and achievement

To enjoy, share and have fun.

EXPECTATIONS

Students

At all times, students are expected to adhere to the College Code of Conduct. The College has high expectations of the conduct and behaviour of students whilst on camp and representing the College.

Students are expected to:

Follow all directions and respect the position of teachers and supervisors in charge of the group.

Act responsibly at all times whether with the entire group or separated from supervision.

Follow all regulations and codes specified by the camp facilitators.

Be respectful, courteous and just to others and to respect property of the Park.

Communicate openly and seek to build and maintain positive relationships with peers, MBBC staff and camp staff.

Make the most of the educational opportunities offered by the camp experience.



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ACTIVITIES TO BE UNDERTAKEN ON CAMP

Below is a list of the possible activities that may be undertaken during the course of the camp. A very important part of any school camp is that all activities are subject to weather conditions. Student safety is of the upmost importance and changes in daily itineraries will be at the discretion of the Educational Tour Leader.

BODY BOARDING

Body boarding is an activity that all boys can participate in and is ideal for those first timers who would like to experience the thrills of catching and riding waves! With this 'no experience necessary' lesson, all boys have a fantastic time in the waves. The instructor covers all the basics of using a body board as well as how to manoeuvre the board through the waves, after which the boys get to practice on the boards provided. Once they are confident with the basics, the instructor teaches simple tricks and more advanced skills that can be picked up very quickly and put into practice.

GIANT SWING

Boys will be able to test and push their individual comfort zones while on this activity. Challenge by choice is a big concept for this activity. The whole team pulls the 'Swinger' up as far up as they choose (up to 20 metres!). When they are ready, the 'Swinger' let's go to experience a thrilling swing that will leave their heart racing!

PAMPER POLE

The boys will muster all their confidence and courage to climb to the top of a 10-meter pole and gain faith to leap out to touch a suspended ball. Pamper Pole is a great activity for our challenge by choice ethos and students are gently encouraged and supported by our qualified instructors to push their own boundaries as far as they wish. This may be only a few steps up the pole, half way or all the way to the top and leap. Students are congratulated according to their individual achievements and supported by the whole group.

RAFT BUILDING

Everyone will find raft building a challenging and unique experience as the boys learn to work together to achieve a common goal. The real adventure begins when they climb aboard their creation and paddle the raft to a desired destination to determine the raft's seaworthiness.

SURF AWARENESS

A lot of beginner's head into the surf and get hurt or find themselves in trouble due to lack of basic knowledge.

Through our surf awareness activity students learn about:



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- Different surf conditions,
- Safe surf practices
- Identifying potential risks
- Surf equipment selection
- Safe use of surf equipment
- Oceanography
- Board rescues.

TEAM CHALLENGE

The boys will be split into two teams and will complete a series of activities that are linked together. As the team completes each challenge they will acquire equipment that will assist them in the final scenario set by the Total Adventures instructor. The amount of equipment that they receive will be governed by the time it takes to achieve each challenge. Teams will be challenged both mentally and physically in a supportive and positive environment whilst having a lot of fun along the way

LANTERN STALK

The object of this activity is relatively simple but the boys quickly realise that they will need to use cunning, stealth and patience to be successful. Students attempt to recover a small flashing strobe light that is closely guarded by two 'Lantern Guards' armed with torches. If a student is spotted trying to reach the 'Lantern' they must return to the start base. This is a great activity to use up any left-over energy at the end of the day.



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EQUIPMENT CHECKLIST AND PACKING LIST

Please note items such as money, radios, mobile phones, aerosols, chewing gum, lollies and electronic games, iPods and MP3 players, Aerosol cans are **NOT** to be taken on camp.

Items to be packed (*it helps to tick as you pack*)

- 1 sleeping bag and pillow _____
- Torch (for night activities) _____
- 3 sets of clothes for outdoor activities (board shorts/shorts/ T shirts) _____
- 2 sets of very old clothes (*will* get wet and muddy) _____
- 1 pair of old closed in shoes (*will* get wet and muddy) _____
- 1 pair of sandals for outdoor activities _____
- 3 strong plastic bags (for storing wet or dirty clothes) _____
- 1 set of warm clothing for evenings (jumper and tracksuit pants) _____
- Underwear and socks for 3 days _____
- Swimming togs and sunshirt _____
- 2 towels for shower and swimming and a tea towel for washing up _____
- Thongs for showers _____
- 1 soap & container and washer _____
- 1 comb/ brush _____
- 1 toothpaste/ toothbrush _____
- Shampoo / Sunscreen _____
- 1 hat with wide brim _____
- Drink bottle for water _____
- Tissues or handkerchief _____
- Insect repellent (no aerosols) _____
- Raincoat _____
- 4 pegs (to hang up wet clothes) _____
- Book to read and notebook and pencil _____

Please ensure all items are clearly marked with your son's name.



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ACCOMMODATION

Dorm style accommodation is available in the Vinyl Village. The accommodation is located in the tranquil Tourist Park and offers Toilet and Shower Blocks.

CATERING

An extensive menu that is satisfying and nutritious to curb even the most ravenous appetite. A fully cooked hot breakfast and dinner are on offer each day with morning and afternoon teas and a picnic lunch in between. Students who have specific dietary requirements are easily catered for and should specify their requirements on the attached MBBC medical, dietary and permission form.

TABLE MANNERS AND ETIQUETTE

- Wait until everyone is seated before you begin to eat.
- Place your napkin on your lap.
- Learn to use a knife and fork correctly.
- Chew with your mouth closed and keep your elbows off the table.
- Don't reach across other people or things. Ask someone to 'please pass' it to you.
- If you don't like what is being served, simply say 'No thank you', but remember that Camp is an opportunity to try new things, and a small serving of new foods is encouraged.
- When you have finished eating, place your utensils on your plate and napkin beside your plate.
- Ask to be excused before you leave the table.
- 'Seconds' may be offered, but please be patient and ensure that everyone has enjoyed their meal, then wait to be invited for a second serving.
- Help in clearing the table.
- Learn to make pleasant table conversation.
- Take the time to show your appreciation to those people who prepared the meal.
- If you have time, always offer to help with the washing up!



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AT THE END OF CAMP

- Be responsible for your belongings
- Any wet clothing should be packed into plastic bags, prior to being packed into your bag
- Help in cleaning the accommodation and account for any lost property
- Assist others where you can to ensure a prompt departure
- Thank the camp facilitators with a personal comment about your positive experiences while on camp
- Take the time to personally thank the accompanying MBBC staff.
- Ensure you (*or your parents*) collect any medication from staff prior to leaving the College.
- Parents are asked to encourage their sons to reflect on his camp experience and share the positive experiences he had.

CAMP RULES AND RISK ASSESSMENT

Noosa Eco Retreat has rules designed to ensure that everyone has a safe and happy experience. Noosa Eco Retreat reserves the right to send home any student who is deemed to be behaving inappropriately.

- Students are not permitted to have cigarettes, alcohol and other drugs.
- No plant life is to be destroyed
- Graffiti of any kind will incur a penalty
- Fire Extinguishers are to be used only for fires, improper use will incur a penalty
- No open fires are permitted on the site
- No noise after 9pm - lights out at 9pm
- All music and loud speakers is to be kept to a reasonable level.
- Smoking is not permitted in any of our accommodation facilities
- Please respect all equipment provided by us for your use. Any equipment damaged during use will be repaired or replaced at the cost to the College and/or individual.

Operating procedures and Risk Management assessments for activities to be undertaken while on camp can be found on the Noosa Eco Retreat website. Alternatively, please contact the administration office if you require further information.

The teachers will brief the students on any other risks involved (*e.g. sun safety, safe bus travel*) in preparation for the camp.